

NUTRITION

Healthy Eating Tips

1. An easy way to make fruits and vegetables more accessible to you is to make sure you buy them. So when you go grocery shopping, hit the produce section first. Then keep bowls of fruit on the kitchen table and counter.
2. Bake potatoes, corn on the cob and bread. What do these items often have in common? We cover them with butter, right? If you must use butter and margarine, use them sparingly. Even better, switch to reduced-fat margarine or try jelly on your bread, bagel and other baked goods.
3. Use "lite" or low-fat dairy products. Use in recipes and/or drink one percent or skim milk. You'll still get the nutrients and taste but not the fat.
4. Remember a little bit of salad dressing goes a long way. Measure one tablespoon of dressing and toss well with your salad. The dressing coats the salad instead of drenching it. For even more flavor, sprinkle the salad with lemon pepper before adding dressing.
5. Choose the leanest cuts such as beef round, loin, sirloin, pork loin chops, turkey, chicken and roasts. All cuts with name "loin" or "round" are lean. Also, trim all visible fat before cooking meats.
6. When eating at fast food restaurants order grilled chicken sandwiches, keep the portions to regular and small, do not "super size," order items without cheese and opt to order a child's meal.
7. Always eat breakfast. You can have fruit, toast, oatmeal or cream of wheat.
8. Substitute water instead of drinking carbonated drinks.
9. Reduce salts and sugar intake.
10. Always have reasonable portion sizes.

